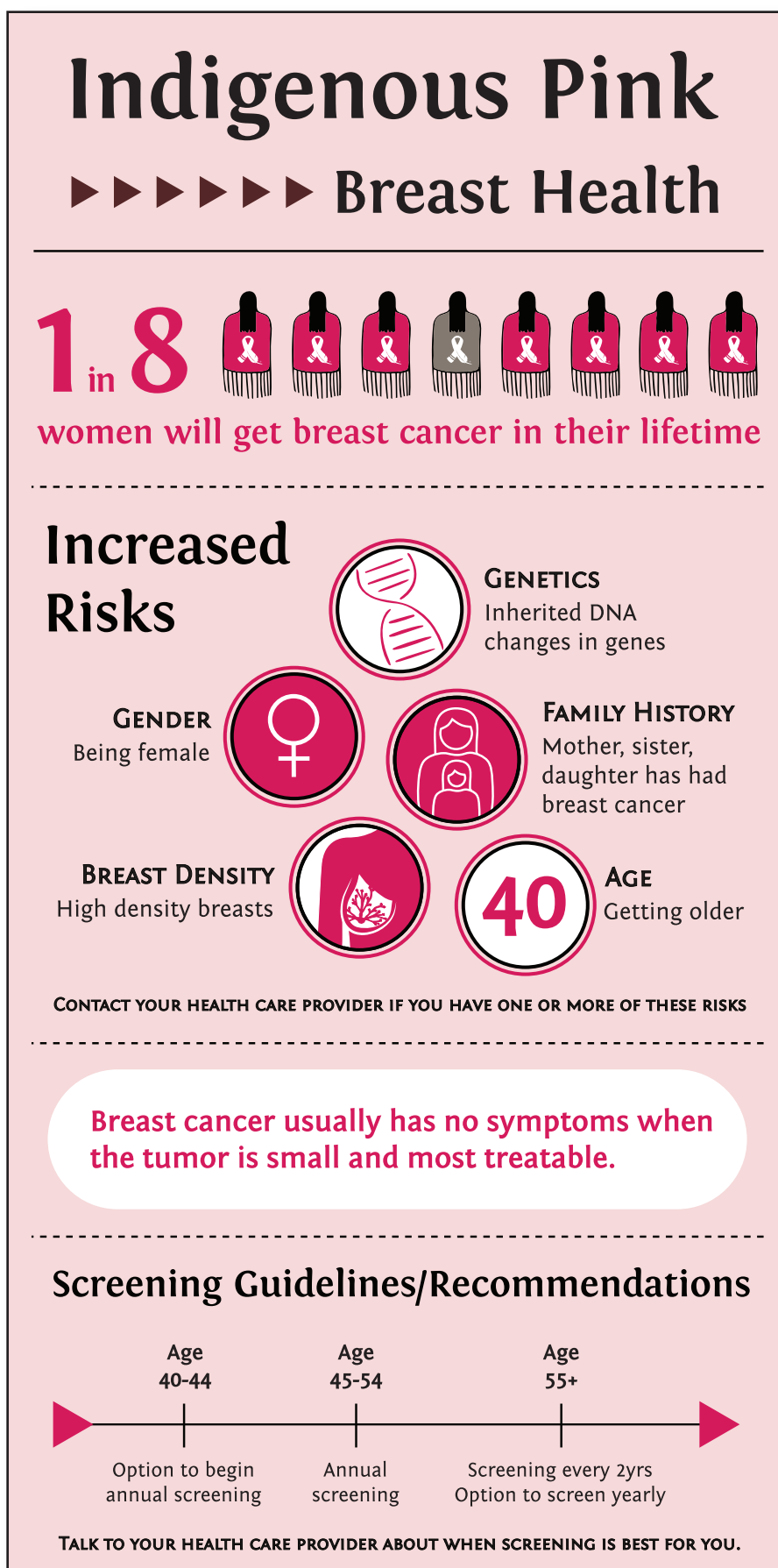


Appendix 5: Program Material Examples Continued

7. AMERICAN INDIAN CANCER FOUNDATION — BREAST CANCER INFOGRAPHIC. PAGE 1 OF 2




Appendix 5: Program Material Examples Continued

7. AMERICAN INDIAN CANCER FOUNDATION — BREAST CANCER INFOGRAPHIC. PAGE 2 OF 2



Breast cancer is the **2nd** leading cause of cancer death for **American Indian women**.
A mammogram may save your life.

What can I do?



BREASTFEED
Breastfeeding reduces estrogen exposure that helps prevent breast cancer



WEIGHT CONTROL
Overweight or obese women are at a higher risk



REGULAR MAMMOGRAMS
Women 40+ should have the option to have a mammogram once a year



EXERCISE
Exercising 3 days/week may lower your risk




LIMIT ALCOHOL USE
Alcohol can increase estrogen which can increase risk



REGULAR BREAST EXAMS
Speak to your health care provider for options



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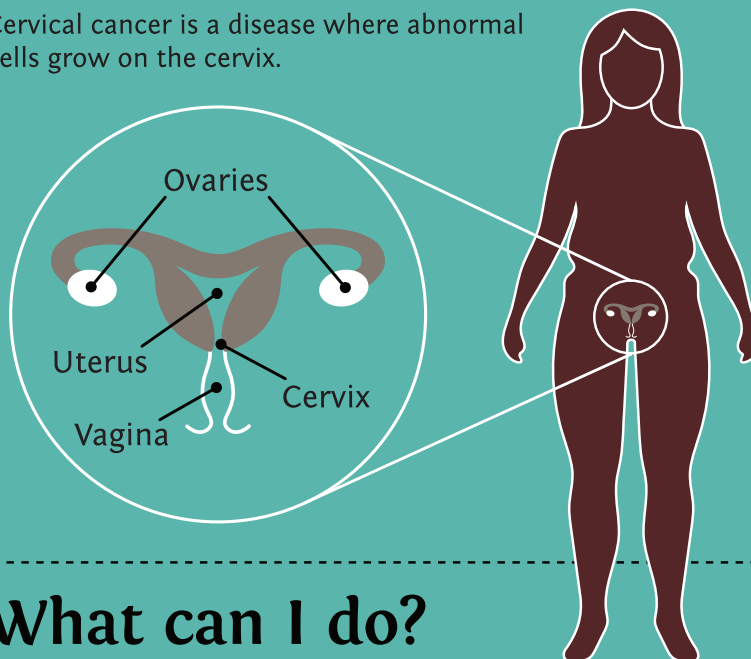
Appendix 5: Program Material Examples Continued

8. AMERICAN INDIAN CANCER FOUNDATION — CERVICAL CANCER INFOGRAPHIC. PAGE 1 OF 2

End Cervical Cancer ▶▶▶▶ in Indian Country

What is cervical cancer?

Cervical cancer is a disease where abnormal cells grow on the cervix.



What can I do?



GET VACCINATED

The human papillomavirus (HPV) vaccine is recommended for everyone **ages 9-26** to protect against HPV cases that lead to 9 out of 10 cervical cancers. *Learn more at: [AICAF.org/hpv](https://www.aicaf.org/hpv)*



PRACTICE SMART SEX

Use protection and talk with your sexual partners: anyone who has ever had anal, vaginal or oral sex can get HPV.



QUIT SMOKING

Smoking weakens the immune system, making it harder for the body to fight HPV infection. *Learn more at: [AICAF.org/quit](https://www.aicaf.org/quit)*




GET SCREENED

Cervical cancer is highly curable when detected and treated early.

Appendix 5: Program Material Examples Continued

8. AMERICAN INDIAN CANCER FOUNDATION — CERVICAL CANCER INFOGRAPHIC. PAGE 2 OF 2



American Indian women are nearly **2X** more likely to develop cervical cancer than white women.

Screening Tests

- ▶ **PAP TESTS** look for cell changes on the cervix during a pelvic exam. Regular Pap tests are the **ONLY** effective way to find cancer early
- ▶ **HPV TESTS** look for HPV that can cause cell changes that may lead to cervical cancer

When should I get screened?

21-29

Pap test every **3** years

30-65

Two options:
1) Continue Pap test every **3** years OR
2) Pap test AND HPV test every **5** years


65+

Talk to your health care provider




THESE ARE SCREENING GUIDELINES FOR AVERAGE-RISK WOMEN WITH NORMAL TEST RESULTS. TALK TO YOUR HEALTH CARE PROVIDER ABOUT GUIDELINES WITH ABNORMAL TEST RESULTS.


Abnormal Pap? Don't panic!

An abnormal Pap test is not a diagnosis of cervical cancer. Follow up with your health care provider to discuss your screening results and recommendations.



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Appendix 5: Program Material Examples Continued

9. SOUTH PUGET INTERTRIBAL PLANNING AGENCY — NATIVE WOMEN'S WELLNESS PROGRAM BROCHURE. PAGE 1 OF 2

CANCER SCREENINGS



Among the first programs funded in 1994 by the Centers for Disease Control (CDC) under the American Indian/Alaska Native Initiative. Funds female health providers at Tribal health clinics who conduct breast and cervical cancer screenings to Native women, spouses, and partners.

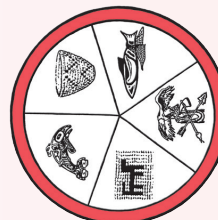
REFERRALS



Referrals are made as needed. Outreach informs community members about services, increase screenings, and track treatment timeliness.



NATIVE WOMEN'S WELLNESS PROGRAM



South Puget Intertribal
Planning Agency

3104 SE Old Olympic Hwy
Shelton, WA 98584
360.426.3990
800.924.3984
spipa.org



9. SOUTH PUGET INTERTRIBAL PLANNING AGENCY — NATIVE WOMEN'S WELLNESS PROGRAM BROCHURE. PAGE 2 OF 2

Breast Cancer Prevention

HEALTH TIPS

Screening

Mammogram, clinical breast exam, and other tests

- Breast cancer screening
- Diagnosing breast cancer
- More information on screening and diagnosis: Mammogram, clinical breast exam and other tests

Breast cancer screening

- Breast cancer screening looks for signs of cancer before a woman has symptoms. Screening can help find breast cancer early, when the chance of successful treatment is best. Two tests are commonly used to screen for breast cancer:
 - Mammogram. A low-dose x-ray exam of the breasts to look for changes that are not normal. Check the womenhealth.gov screening charts to see when you should get a mammogram.
 - Clinical breast exam (CBE). The doctor looks at and feels the breasts and under the arms for lumps or anything else that seems unusual. Ask your doctor if you need a CBE.

Diagnosis

Diagnosing breast Cancer

Screening tests look for signs of cancer. If a screening mammogram or CBE shows a breast change that could be cancer, additional tests are needed to learn more. These tests might include:

Diagnostic mammogram. This type of mammogram uses x-rays to take more detailed images of areas that look abnormal on a screening mammogram.

Ultrasound exam. Sound waves help your doctor see if a lump is solid (could be cancer) or filled with fluid (a fluid filled sac that is not cancer).

Magnetic resonance imaging (MRI). Radio waves and a powerful magnet linked to a computer are used to create detailed pictures of areas inside the breast. MRI may be used if enlarged lymph nodes or lumps are found during a clinical breast exam that are not seen on a mammogram or ultrasound. Breast biopsy. Fluid or tissue is removed from the breast and checked for cancer cells. There are many types of biopsy. A biopsy is the only test to find out if cells are cancer.

If you are 50 to 74 years old, get a screening mammogram every two years.

Maintain a healthy weight.
Exercise regularly.
Get plenty of rest.

Don't drink alcohol, or limit it to one drink a day.
Don't smoke.




Visit spipa.org for more information

Appendix 5: Program Material Examples Continued

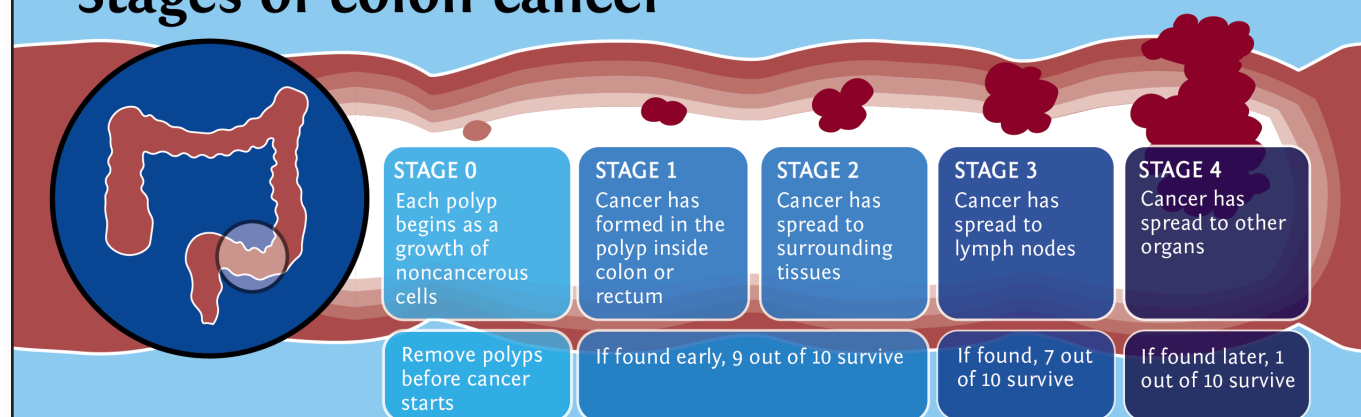
10. AMERICAN INDIAN CANCER FOUNDATION — COLON CANCER INFOGRAPHIC

End Colon Cancer ▶▶▶▶ in Indian Country

What is colon cancer?

A disease in the large intestine (colon) and rectum. Most colon cancers start as small noncancerous clumps of cells called polyps. Without treatment, polyps may turn cancerous.

Stages of colon cancer



TIMING MATTERS WHEN COLON CANCER IS FOUND

What can I do?



QUIT SMOKING



EAT FRUITS & VEGGIES



WEIGHT CONTROL



GET SCREENED



EXERCISE



LIMIT ALCOHOL USE



Colon cancer is the second leading cause of cancer death for American Indians and Alaska Natives.



Colon cancer often has no symptoms in early stages.

Screening tests

Colon cancer screening for American Indians is recommended for those ages 45-75

▶ STOOL-BASED TESTS

- Looks for blood in the stool
- Take test at home every 1-3 years
- Mail or return to clinic
- If positive, must have colonoscopy

▶ VISUAL TESTS

- Looks directly in the colon
- Test is done at a medical center
- Colonoscopy can prevent cancer by removal of polyps during test

Talk to your health care provider about when screening is best for you.

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American Indian
Cancer Foundation.

Appendix 5: Program Material Examples Continued

11. SEARHC MOBILE MAMMOGRAPHY FLYER



THE MOBILE MAMMOGRAPHY VAN IS COMING!

SEARHC's WISEWOMAN Women's Health Program in partnership with the Breast Cancer Detection Center is pleased to bring mobile mammography with the latest digital technology to your community.



All women are at risk of getting breast cancer. Early detection through regular screening increases the chances of long-term survival.

The mobile mammography van will visit the following communities:

- **Angoon** **April 27-28**
- **Kake** **May 4-5**
- **Haines** **May 8-11**
- **Yakutat** **May 17-18**

For more information or to make an appointment, call **907.364.4450** (**Angoon/Kake**), **907.766.6366** (**Haines**), or **907.784.3260** (**Yakutat**). You can also call the SEARHC WISEWOMAN Women's Health Program toll-free at 1.888.388.8782 or email askwh@searhc.org.

To learn more about services available through the SEARHC WISEWOMAN Women's Health Program, visit searhc.org/service/health-promotion.


searhc.org

Appendix 5: Program Material Examples Continued

12. SCF FLYER. PAGE 1 OF 2

Power of Hope

Cancer and Education Social Group



When cancer touches your life, or that of a loved one, it's important to have a network of friends to help. The Power of Hope Cancer Education and Social Luncheon is a place to find support and discover healthy ways to manage living with, and surviving, cancer. Hear from professionals on a variety of important topics, as they share stories on nutrition and planning meals, cancer prevention, risk factors and early detection, gene counseling, coping with stress, choosing the right treatment options, and more. A healthy lunch will be provided.

**When:**

Noon – 1 p.m. on the last Monday of every month (see calendar on back)

(**Note:** if the last Monday falls on a holiday, the luncheon will be held the Monday before.)

**Where:**

Mt. Marathon Building, Denali Room, 1st floor, 4201 Tudor Centre Drive, Anchorage

**Who:**

The luncheon is open to anyone going through cancer treatment, a cancer survivor, caregiver, or support partner.

For more information, please contact:

Health Education

(907) 729-8856

southcentralfoundation.com



Appendix 5: Program Material Examples Continued

12. SCF FLYER. PAGE 2 OF 2

2017	October							November							December						
	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6	7				1	2	3	4						1	2
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	29	30	31					26	27	28	29	30			24	25	26	27	28	29	30
															31						
	January							February							March						
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